

The Physician's BOOKSHELF



THE PSYCHOLOGICAL ASPECTS OF DIABETES OR How To Live In Emotional Balance With Diabetes—Harold Geist, Ph.D., Consulting Psychologist, Berkeley, Calif.; with a foreword by Mary B. Olney, M.D., Executive Director, Bearskin Meadow Diabetic Camp, Charles C. Thomas, Publisher, 301-327 East Lawrence Avenue, Springfield, Ill., 1964. 81 pages, \$4.75.

This small monograph written by a consulting psychologist is intended to provide "... psychological information for the assistance of all those involved with the disorder." It is also aimed at the patient since it contains "suggestions for helping the patient in overcoming emotional problems." The language of the book is nonmedical and should be understandable by well educated lay people, at least those who are well oriented in modern psychological terminology. Presentation of the psychological problems of the patient with diabetes is well done and there are many helpful suggestions for dealing with the patients having these problems. Suitable emphasis is placed on the frequency of aberrant behavior resulting from the life-long adjustment facing the patient with diabetes.

The introductory chapter dealing with the physiological and medical aspects of diabetes is superficial and in fact several erroneous statements are included. For instance, the statement is made "Since the muscles live in sugar, exercise helps them utilize it." Modern research has revealed that muscles live chiefly on fat. The point the author is making that exercise is helpful and important and generally increases utilization of sugar is true. Another concept long ago disproved that "diabetes tends to occur at a younger age in each generation" should not appear in a book published in 1964. It might have been better had the author omitted physiological and medical information about which he may not be qualified to write.

The last section entitled Miscellaneous Problems also contains several statements which would be challenged by many experts. For instance it is said that "... of the middle-aged diabetics, about 25 per cent require insulin treatment and the rest can be managed with the oral medications." Another statement which would be widely disputed is "... with well-controlled diabetic women without complications, the loss is only about 6 per cent"—this referring to the fetal loss in diabetic pregnancies from the sixth month to the second day after birth. In fact the lowest fetal loss is in the range of 10-15 per cent and this may be as high as 35-40 per cent. The statement in regard to fat atrophy that "atrophy and hypertrophy are minimized by ... not refrigerating the insulin" has certainly not gained very wide acceptance.

In discussing future research mention is made of only one of the three presently available sulfonylureas and this by the trade name. The discussion of research is superficial and parochial.

In conclusion the main purpose of the book to give an orientation to psychological problems of the diabetic is well presented. The book contains so much misinformation and superficial discussions of modern physiology and pathology related to diabetes that this reviewer is not sure how it weighs in the balance.

JOSIAH BROWN, M.D.

LEUKEMIA—Second Edition, Revised and Enlarged—William Dameshek, M.D., Professor of Medicine, Tufts University School of Medicine; Senior Physician and Director, Blood Research Laboratory, New England Center Hospital, Boston; and Frederick Gunz, M.D., Ph.D., Hematologist, North Canterbury Hospital Board; Director, Cytogenetics Unit, Christchurch Hospital, Christchurch, New Zealand; Late Research Fellow in Hematology, New England Center Hospital, Boston. Grune & Stratton, Inc., New York and London, 1964. 594 pages, \$25.00.

This new edition is in general similar to the 1958 edition, updated with a thousand new references, chiefly before 1962. The basic knowledge of the disease is reviewed and recent findings and concepts are introduced, e.g. chromosomal abnormalities, thymus-lymphocyte relationships. There are lengthy sections on the clinical aspects and treatment, and a few pages on What to Tell the Patient which should be read by all who treat individuals with this disease.

This is probably the best book available on the subject, based on the extensive experience of the authors, flavored with some of their own ideas such as "immunocyte," "lymphoproliferative disease," etc.

The index is inadequate; Downs' syndrome and Burkitt "lymphoma" mentioned in the Preface are not to be found. This is primarily a reference volume; the defect in the index will offer some difficulty.

The black and white illustrations and diagrams are for the most part excellent. The color plates, on the other hand, add little more than cost to the volume, almost out of reach for the hematologist, internist, pathologist and investigator for whom it is intended.

WILLIAM F. LUTTGENS, M.D.

* * *

MODERN TREATMENT—Volume 1, Number 1, January 1964. Treatment of Renal Disease, by E. Lovell Becker, M.D., Guest Editor; Treatment of Thyroid Disease, by Edward A. Carr, Jr., M.D., Guest Editor. Harper & Row, Publishers (Hoeber Medical Division), New York, 1964. Bimonthly publication, by subscription only; 6 books a year; \$16.00 per year (laminated paperback); 228 pages.

This is the first issue of a bimonthly publication whose stated purpose is that "it will provide, for the first time, on a continuing basis, the detailed information the physician needs to make the wisest decisions on treatment once he has reached a firm diagnosis." It is planned to have each issue deal with one or two areas of clinical interest.

This first number presents two series of articles dealing at equal length with renal disease and with thyroid disease. The contributors are distinguished physicians from a number of medical centers in the East, South and Midwest. Each covers an assigned field to the end that there is a minimum of overlapping. The approach to the discussions of therapy is physiologic with each of the authors presenting enough of the rationale for the procedures recommended to keep the reader from feeling that he is being given arbitrary dicta.

Not all the authors confine themselves to discussion of treatment. For example, Dr. George E. Schreiner whose contributions in the field of renal disease are widely recognized and appreciated has written an article of eighteen pages on chronic renal failure, five and half of which consist of a table

classifying renal diseases by etiology. Again, an article on hypothyroidism during infancy and childhood contains fourteen pages of text including a summary, plus one full page illustration and a page and a half of references: therapy is presented in a section extending over but one and a half pages, and in 4 sentences in the summary.

An article on the management of acute pyelonephritis is concise and clear. In the discussion of antibacterial agents no mention is made of nalidixic acid (NegGram®) while the importance of urinary pH is referred to in but a single sentence and then only in relation to the use of sulfonamides. There is no contribution on the treatment of chronic pyelonephritis or on urinary lithiasis. Contributions on these topics would have seemed to be more useful to the practitioner than did an article on the pharmacology of organic mercurial and diuretic compounds.

As might be expected the opinions offered, while authoritative, are sometimes at variance with those of others in the field. For example, Dr. DeGroot of Boston in discussing the treatment of the single toxic nodule of the thyroid, refers to resection of the nodule as customary, but seems to favor the use of I¹³¹. Others would argue strongly for subtotal resection of the gland. It is entirely proper and desirable for the authors to express their preferences, but fuller consideration of problems in therapy may often be obtained by reference to larger works such as, for example, those written by Dr. DeGroot and his colleagues at the Massachusetts General Hospital, and by Dr. Schreiner.

In summary, the reviewer found the articles in this first number easy to read, enjoyable, and authoritative. The information offered has been presented elsewhere in standard works and journals, but has been here distilled into essays which are lucid and helpful to all interested in the areas covered.

ADOLPH SURTSHIN, M.D.

* * *

PEDIATRIC OPHTHALMOLOGY—edited by L. Byerly Holt, M.D., F.I.C.S., Surgical Director, Marguerite Barr Moon Eye Research Foundation, Inc., Winston-Salem, North Carolina. Lea & Febiger, Philadelphia, Pa., 1964. 403 pages, \$12.00.

This book will be of value for pediatricians with particular interests in ophthalmology, or with problems relating to specific eye defects in their patients. It will be helpful to residents in pediatrics and in ophthalmology for orientation. Most sections of the book are written with a direction toward the pediatrician as a reader, and will not fully explore individual subjects to the extent desired by an interested ophthalmologist. Representing as it does a compendium including contributions by 32 separate authors, it has several brilliant sections (cataract, ocular tumors, strabismus, myopia, neurology). I was surprised that a section on retrolental fibroplasia was not included, as this important disease is still with us. In summary, the book has value for pediatricians as a reference, and for residents, students and interns as a source of introductory information.

ALAN B. SCOTT, M.D.

* * *

SPECIALTIES IN GENERAL PRACTICE—Third Edition—edited by Russell L. Cecil, M.D., Professor of Clinical Medicine, Emeritus, Cornell University Medical College, New York City, and Howard F. Conn, M.D., Staff, Uniontown Hospital, Uniontown, Pennsylvania. W. B. Saunders Company, Philadelphia and London, 1964. 676 pages, \$17.50.

This book proposes to be a reference handbook for general practitioners and within the limitation imposed on the authors it accomplishes this. To cover the field of surgery in sixty two pages or pediatrics in sixty pages is indeed quite a challenge and it is remarkable that the authors have done so well. There are some who would appreciate the absence

of what they call useless discussion and there are others who would prefer, when reaching for a reference book, to have a full discussion of the problem they are reviewing.

The book could be very useful to other physicians, any of the specialists, who want a quick refresher of their memories when they run across something outside of their field and yet want to discuss briefly and intelligently their discovery with the patient and with the physician to whom they will do the referring.

As would be expected the chapters are not uniform in their approach. For example, the chapter on surgery assumes that the reader will have had a good medical education and proposes the latest opinions on diagnosis and therapy while the section on ophthalmology starts out with instruction on the use of the ophthalmoscope which everyone should have learned long ago in medical school.

Where space, weight and time are the important factors in a reference book this one will be found quite satisfactory. Where thoroughness of discussion is desired one should turn to more extensive treatises. This latest edition seems to have been thoroughly revised and brought up to date.

STANLEY R. TRUMAN, M.D.

* * *

CURRENT PSYCHIATRIC THERAPIES—An Annual Publication—Vol. IV, 1964—edited by Jules Masserman, M.D., Professor and Co-chairman of Psychiatry, Northwestern University, Chicago, Illinois. Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y., 1964. 315 pages, \$9.75.

This is not (and is presumably not intended to be) a comprehensive review or a digest of current psychiatric therapies. It consists of 38 articles by 56 contributors of varying quality and content; ranging in style from reviews and anecdotes to more precise research investigations; but concentrating particularly on the rationale and technics of family, group and community therapy. Depending on his interests and prejudices, the psychiatrist or the psychiatrically minded reader will find some articles stimulating, others mediocre.

In this book, the very last section of all is headed "Psychiatry Abroad," its professional content being devoted mainly to the Mental Health Service in Britain. To set the record straight, "therapeutic community" methods were developed in Britain *before* the Mental Health Service, and current psychiatric therapy in the U.S. owes much to the pioneer work of men such as Cerletti and Bini, Denniker, Freud, Main, Jones, Simmel and Sivadon. It is hoped that future volumes in this series will include this perspective.

* * *

TEXTBOOK OF OTOLARYNGOLOGY—Second Edition—David D. DeWeese, M.D., Professor and Chairman of the Department of Otolaryngology, University of Oregon Medical School, Portland, Ore., and William H. Saunders, M.D., Professor and Chairman of the Department of Otolaryngology, The Ohio State University College of Medicine, Columbus, Ohio. The C. V. Mosby Company, St. Louis, 1964. 523 pages, \$9.25.

This is probably the best textbook on otolaryngology presently available. The outstanding characteristic of its first edition, *clarity*, is continued in this second edition.

It is particularly good for the medical student, and the general physician interested in otolaryngology. But its comprehensive picture of the broad field of otolaryngology, and as a ready source of references, makes it also of value to the practicing specialist.

No drastic changes from the first edition are made in this second edition. It is slightly larger (523 pages as against 464); additional pertinent illustrations account for many of these pages. The excellence of the first edition precluded radical changes.